



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Scholz, Wolfgang

000: 1:49:55

00: 388

00: 25.50 km

Lorsch Triathlon 0,5-20,0-5,0

00000/000: 301 (of 313)

00000/0: 222 (of 231)

000000: 58:01

0000:

00000: 21(of 21)

Senioren 4 (TM 55)

0000000: 1:09:46

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	14:59	2.00	20	7:10	217	7:56	0.50	14:59	2.00	22	1:38	232	5:21
Wechsel S->R	-	5:03	-	21	3:16	219	3:55	0.50	20:02	1.50	22	4:05	232	8:10
Schwimmen 000	0.50	20:02	1.50	22	4:05	232	8:10	0.50	20:02	1.50	22	4:05	232	8:10
ZZ Rad	5.75	10:10	33.93	20	2:58	224	3:44	6.25	30:12	12.42	22	6:29	232	10:58
ZZ Rad	4.25	14:42	17.35	20	4:37	222	5:27	10.50	44:54	14.03	22	10:11	227	15:35
ZZ Rad	4.25	15:32	16.42	21	5:27	225	6:13	14.75	1:00:26	14.64	22	14:24	227	21:06
Rad Ziel	5.75	12:26	27.75	21	4:25	229	7:49	20.50	1:12:52	16.88	22	17:51	232	25:44
Rad 0	20.00	52:50	22.71	20	17:12	228	34:41	20.50	1:12:52	16.88	22	17:51	232	25:44
Wechsel R->L	-	0:49	-	2	0:09	48	0:20	20.50	1:13:41	16.69	22	17:13	229	25:37
Rad 000	20.00	53:39	22.37	20	16:51	225	33:27	20.50	1:13:41	16.69	22	17:13	229	25:37
ZZ Lauf	2.50	17:10	8.74	20	7:10	224	9:11	23.00	1:30:51	15.19	22	22:45	228	33:56
Lauf Ziel	2.50	19:04	7.87	20	8:25	223	10:31	25.50	1:49:55	13.92	21	40:09	222	51:54
Lauf 000	5.00	36:14	8.28	20	15:20	223	19:35	25.50	1:49:55	13.92	21	40:09	222	51:54